Homemakers Items

How much milk do you need? VPI nutritionists say many people do not get enough to insure healthy bones and teeth, clear skin, and steady nerves.

The nutritionists point out that milk is one of the best sources of calcium and of the B-vitamin riboflavin. It is almost impossible to get enough of these important nutrients with less than recommended amounts of milk.

Adults should get at least a pint of milk a day. Children need 1½ pints to a quart, and teenagers should have a quart or more every day. A recent survey by the U. S. Department of Agriculture showed that many people do not get these recommended amounts.

Of course it is not necessary to consume all this as plain milk, the nutritionists point out. Much of it can be eaten or drunk in other forms. Cheese, cottage cheese, and ice cream are popular ways of "eating" milk. And many favorite family dishes from soups to desserts contain milk.

One inexpensive way to increase milk in the family diet is to add nonfat dry milk to fluid milk used in many cooked foods. Four tablespoons of dry milk added to one cup of fluid milk makes it twice as rich in milk value.

A bright, shiny soleplate on the iron is important for easier ironing and good results, say VPI home economists.

There are two ways to rid the soleplate of stains and of caked starch. The first is to heat the iron slightly, then glide it back and forth over a piece of waxed paper. Or be sure the iron is cool, and wipe the soleplate with a cloth wrung out in soapy water.

A scratched and rough soleplate can be avoided, but it means being careful not to iron over buttons, zippers, hoops, and various other items on your clothing.

MOW PASTURES BEFORE THEY GO TO SEED

Mow pastures before they go to seed.

John F. Shoulders, associate agronomist at VPI, says this will help keep the pastures more productive by reducing the semi-dormant period which follows seeding, and will remove the stemmy, unpalatable parts of the plants. New growth of both grass and legumes will have a better chance after the stemmy growth has been cut. Clippings also will help control spring weeds.

The important step is to remove the seed head of the grass. Pasture clippings can be harvested for either silage or hay, and in this case the harvestings should be done as soon as possible after heading for the highest quality forage.

If the clippings are not saved for silage or hay, set the mower to cut high, so the seed heads are removed, but the grass blades are not cut. This keeps the vegetative part of the pasture for grazing while preventing the grasses from going to seed.

If grazing animals are left on the pasture for a few days after clipping, they will eat a part of the forage they refused before.

Let ladino clover-tall grass pastures harvested for silage or hay reach a height of at least six inches before grazing again.

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JUNE 21st.

10:30 A. M.
100 Holstein-Friesian Cows 100 Registered and Grade
LOCATION: 1½ Miles North of Atlantic Rural Exposition Grounds, Richmond, Virginia, on Richmond-Henrico Turnpike.

DANMOORE FARM HEREFORD DISPERSAL
240 HEAD
also FARM EQUIPMENT
Saturday - June 28th. - 10:00 A. M.
Location: From Richmond - Rt. 6, 8 Miles to Gaskin Road - Turn Left to the Farm.
7/10 Miles from James River Golf Club.

COME TO THE SALES
4 BIG AUCTIONS 4

W. C. DEFORD HOLSTEIN DISPERSAL also FARM & DAIRY EQUIPMENT
Wednesday - June 25th - 10:00 A. M.
76 COWS AND HEIFERS 76
58 with Base of 874 lbs.
per cow on Tidewater Market
Bangs and TB Tested within 30 Days of Sale
Location: Norfolk, Va. - Off Va. Beach Blvd. at Davis Corner.
(From Military Highway, Turn on Va. Beach Blvd. (Rt. 58), to Third Stop Light. Turn Left to First Farm on Left.)

WILLOW SPRINGS DAIRY FARM
263 Acres-Holstein Dairy Heard
Farm and Dairy Equipment
68 Holstein and Guernsey Cows 68 and Heifers
(4 Guernseys)
Friday - July 4th - 10:00 A. M.
Location: 12 Miles East of Lynchburg Va. From Concord, Va., Rt. 24
1 Mile. Turn Left on Rt. 646 ½ Mile.
Turn Right on Rt. 658 - 1½ Miles to Farm.

All Sales Conducted Under Tents — Luncheon Available
For Brochures and Information, Contact the Auction Company

Beckham

Beckham, June 3.- Mrs. T. M. Martin, Miss Eunice Martin and Mrs. Abner Grow visited Mr. and Mrs. Thos. T. Martin and family on Saturday evening.

Mr. Hoover Burge, of Colonial Heights, Petersburg, spent Saturday night with Mrs. T. H. Burge and family.

Mr. and Mrs. Tom Harvey, Mrs. Carlton Harvey, and Miss Virginia Lee Harvey visited Mrs. C. A. Moore and Mr. and Mrs. Hal Moore Sunday. Mrs. John C. Moore, Mr. and Mrs. Hubbard Moore and Mrs. Grayson Martin visited in this home in the afternoon.

Mr. and Mrs. Eural Martin and Don, of Lynchburg, spent the week-end with Mr. and Mrs. H. O. Martin. Sunday dinner guests in this home were Mr. and Mrs. R. E. Mays, Mrs. T. M. Martin, Miss Eunice Martin, Mrs. Abner Grow and Mr. and Mrs. Clyde Moore.

Mr. and Mrs. Henry Burge and family and Mr. and Mrs. Joe Mays, of Forest visited Mrs. T. H. Burge and family on Sunday evening.

Mr. and Mrs. Warren Crews and family, accompanied by Mr. Ward Crews and Mrs. Charles Crews motored to Richmond on Sunday to visit relatives.

Mrs. T. H. Burge, Mr. Robert Burge and Mr. Paul Burge spent Sunday with Mr. and Mrs. M. J. Tolley at Big Island.

The Wesleyan Service Guild of Trinity Church met with Rev. Aaron D. Smith Monday night. Mrs. Hermon Moore and Mrs. Robert Morris were among those attending.

Mr. and Mrs. Hermon Moore, Jr., Dorothy Jane and Dianne, of Richmond visited Mr. and Mrs. Hermon Moore, Sr. on Friday.

Virginia Cash Wage Rate For Hired Farm Workers Below National Average

Recently released figures show that cash wage rates for hired farm workers in Virginia are below the national average, report agricultural economists at VPI.

The cash wage rate of 59 cents per hour in Virginia in 1954 was 20 cents below the national average for hired farm workers. The Virginia rate was only half of that of the state having the highest rate—Washington, at $1.17 per hour—but was 15 cents above that of the lowest state—South Carolina. The hourly wage rate in several important dairy states ranged between 15 and 20 cents above that of Virginia.

The wage rates paid hired farm workers in Virginia varied considerably within the state. The lowest average rate, 45 to 50 cents per hour, were paid in the southwestern counties; the highest, between 60 and 70 cents, in the area north of a line through Roanoke, Lynchburg, Richmond, and Newport News. The rates for southeastern and southside Virginia were 50 to 60 cents.

The value of any prerequisites furnished workers is not included in these figures. If the value of these items differ between areas, the relationships, of course, would be changed.

Bloodmobile Visited Here; Set P

Mrs. Morton L. Ferguson, chairman of the Red Cross Bloodmobile program for Appomattox County, reports that 97 pints were given here Thursday by local citizens.

There were 117 volunteer donors with 20 being rejected. This visit was termed as a most satisfactory one, since the Blood Bank was enriched by 45 more pints than on the last visit. There were also fewer rejections in proportion to the number reporting.

Cecil Rowe served as chairman of the Recruitment Committee, and was assisted by John T. Hall, John Garrett, Vernon Bryant, Leo Silverbush and Frank McCann.

The business establishments of the town willingly cooperated in many ways to make this visit a success.

The following is a list of persons who reported to give blood:

Dr. S. R. Lawson, D. L. leRoux, John T. Hall, Richard L. Wingfield, Alton E. Lucado, W. C. Dudley, Hazel Gallier, William C. Hubbard, Mrs. Judy Glover, Zoline Crews Wiseman, Frances Powell, Mrs. Emee Lee Smith, Emma V. Fields, Mrs. Mayola Godsey, Mavis Godsey, Ruth Lewis, Evelyn Austin, Silas Holman, Bill Jamerson, Frances Williamson, Mrs. Frances Reynolds, Mrs. Virginia Spiggle, Mrs. Nancy Henkiel, Josiah David Shupe Jr., Mrs. Jean C. Martin, Homer Reid, Edith Almond, Mrs. Christine Shoemaker, Mrs. Calvin Childress, Lelia Sweeney, Frances Moore, Gertrude Page, Gertrude Abbott, Odessa Booker, Mary E. Powell, Dorothy Stevens, Mary Pennix, Dorothy Turner, Annie Harvey, Sabra M. Ferguson, Elizabeth Allen, Mrs. Lucille Ellis, E. R. Carter, T. Hunter Dickerson, Frank McCann, J. N. Jennings, Mrs. Elijah McFadden, Cliff Harvey, Ben Marshall, Evelyn Chernault, Julian Guill, J. M. Cobb Jr., Fred Lawson, G. P. Beasley Jr., J. N. Phelps Jr., Lee Silverbach, Elizabeth Dunn, Earl Smith, Donald G. Toomas, Mrs. Ben Marshall, Charles Crews, Mrs. Hazel Johnson, Mrs. Helen Baldwin, Mrs. Eileen Legrand, A. R. Harwood Jr., Mrs. Allan Harvey, Ray Ferguson, Mrs. Rosalie Scott, Milton Berry, Allen E. Franklin, William A. Hunter, Mrs. Peggy Harvey, Mrs. Minerva Torrence, Mrs. Lelia S. Smith, Robert Steppe, James A. Williams, James A. Lews, Annie Laurie Megginson Mrs. Jean Martin, Mrs. Loretta G. Mayberry, J. H. Wilson, David T. Garrett, Samuel A. Lawson, J. A. Robinson, Mrs. Pauline D. Carter, R. M. Price, T. E. Dickerson, Steven McCoy, Ben Wheeler, Mrs. C. S. Booth, Mrs. Madeline F. Inge, Emile Bruce, William Edward Inge, Thelma Caldwell, J. B. Goad, Randolph Doss, Percy George, Jack D. Layne, John Oxford, Hal Flood Guill, Thomas E. Patterson, Robert Leffers Jr., Joseph W. Goin, Mrs. Daisy Jackson, Mrs. Mary Alma Hudson, Morton L. Ferguson, Billy Conner, Arthur Bodkin, Junius Davis, Virgil R. Fleshman, Lewis C. Wooten, William C.Nash, Dr. C. G. O'Brien, Mrs. Evelyn Almond, W. D. Morris, Mrs. W. D. Morris, Robert Leffers.

Assisting in the clinic were the following volunteer workers: Mrs. J. T. Irby, Miss Christine Woodson, Mrs. Edd Dickerson, Mrs. Frances St. John, Mrs. S. R. Lawson, Mrs. Ned LeGrand, Mrs. Bill Jamerson, Billy Chenault, J. R. Redding, Morton L. Ferguson. Mrs. Cecil Rowe, Miss Mary Bell Babcock, Mrs. Charles R. Thomas and Billy Conner.

The W. M. U. of Liberty Baptist Church provided the canteen service.

Several IFYE Delegates Now Visiting in State

Several delegates from other countries are now visiting in Virginia under the International Farm Youth Exchange program.

Four-H club officials at VPI Agricultural Extension Service say all of the six delegates will attend the state 4-H short course at VPI on June 23-28.

Meanwhile: Miss Janet Evelyn Morfoot from England is now in Middlesex County, and will later visit Buckingham County; Miss Nybia Jomjuria from Uruguay is now in Louisa; Miss Greene Co... nini from Italy; and will later ... ty; Amir-ud-d... Hannan from ... Pittsylvania and ... Augusta.

Virginia will ... IFYE's from ... ber.

Now abroad ... Humphries ... County, delega... Wales, and Jan... Prince William ... Italy.

If all the sta... United States ... in square ... by side, the ... 112 times arou...

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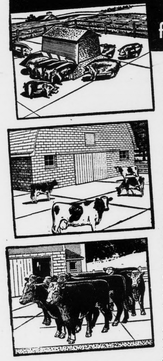
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On concr... *eaten* — not ... the mud. Int... wasted by wa... and mire ... added grow... stay clean a...
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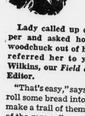
From where I sit ... by Joe ...
The Woodch... Wouldn't "Chuc...
Lady called up our newspaper and asked how to get a woodchuck out of her garage. I referred her to young Chip Wilkins, our *Field and Wildlife* Editor.
"That's easy," says Chip. "Just roll some bread into pellets, and make a trail of them leading out of the garage."
Next day she called Chip again. "You sure are smart," she coo-ed, "to know a woodchuck will follow a trail of breadcrumbs. Now I've got two woodchucks in the garage!"
From where I s... "expert advice" ... not so expert. ... those who are ... advise us how ... work...whether ... coffee (for instance) ... of beer. I think ... to think twice ... people to do ... thing. In the ... make us all better ...
Joe
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$6.39
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For beautiful ceilings ...
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POE HARDWARE CO.
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...plin

...ple, June 3.- Mr. and Mrs. ... of Arlington, and Miss ... of Seatpleasant were ... guests of relatives here.

...visitors in the home of ... J. W. Slayton were ... Mitchell Slayton and ... Hannan, of Danville, Mr. ... and Charlie Slayton, ...

...Joseph Jr. and Jane ... Roanoke visited their ... Mr. and Mrs. Luther ... week-end.

...visitors in the home of ... W. J. Payne were Mrs. ... and son, William, of ... and W. J. Payne, Jr., of ...

...visitors in the home of ... G. Garrett were Mr. and ... Robert, of Cullen; Mrs. ... White and children, and Mrs ... B. Adkins, of Phenix.

...and Mrs. Dan Carson, of Ap... were recent visitors in ... of her parents, Mr. and ... Davis.

...and Mrs. K. L. McGlenny and ... Nancy, of Farmville visit... were Sunday.

...A. T. U. of Elon Baptist ... at the home of Mrs. ... Monday night.

...ssful Crop of Brass
...ebbs - The latest roster of the ... Pacific Command ... 50 admirals and ... in Hawaii.
...ere were 36.
...line-up is: Army— ... Navy— fourteen ... Force, 14 generals. ... generals. Coast ... admiral. Hawaii Na... one general.

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1957 Oldsmobile 98 Holiday Sedan, Black/White, Hydramatic Drive, Radio, Heater, white tires.
1956 Oldsmobile 98, 4-Dr. Sedan. TT Green.
1956 Chevrolet Bel Air Sport Coupe. Powerglide, Radio, Heater. Green.
1953 Chevrolet 4 Dr. Sedan. Powerglide.Radio, Heater.
1953 Oldsmobile 98 4 Door, Sedan, Good buy — radio and Heater — Hydramatic.
1953 Oldsmobile 88, 4 Dr. Sedan. One owner. Radio, Heater, Hydramatic.
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1950 Ford 1/2 Ton Pick-Up. New paint job.
1953 GMC 1/2 Ton Panel.
1953 Chevrolet 2 Ton 2 Speed. Ready for work.

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Locust Grove

Locust Grove, June 3.- Mr. and Mrs. J. P. Carroll, of Manguin, and Mrs. Fannie Coleman, of Richmond, visited Mr. and Mrs. Willie Beale Monday of last week. Others visiting in this home recently were Mr. Jim Megginson, of Norfolk, Mr. and Mrs. Clarence Beale, and James Beale, of Lynchburg.

Friends are sorry to hear that Mrs. Jud Kinney is in the hospital. We wish for her a speedy recovery.

Also sorry to hear that Mrs. Maude Abbitt is not so well.

Mrs. Lula Beale spent Friday with Mrs. Homer Reynolds, who is on the sick list. We wish her a speedy recovery.

Mrs. Mazie Harvey, of Richmond visited her sister, Mrs. Maude Abbitt last week.

Friends were saddened over the death of Mrs. Alice Grow. Her son, Julian and her granddaughter, Alice Virginia, from Washington, were called home for the funeral. We extend sympathy to the bereaved family. Her daughter, Mrs. Frances Mustain, of Richmond, was here by her bedside for three weeks, and returned home today, to be with her husband, who is in the hospital.

Liberty Chapel

Liberty Chapel, June 3.- Walter Reynolds, of Natural Bridge, Mr. and Mrs. Robert Reynolds and Mr. and Mrs. Bryant, of Big Island, Mr. and Mrs. Carl Martin, Mr. and Mrs. Russell Martin and Mr. and Mrs. Martin Coleman were Sunday evening visitors of Mr. and Mrs. J. H. Reynolds.

Mr. and Mrs. Doc Harris gave a surprise birthday dinner last Sunday in honor of Lewis Harris. Others present were Mrs. Lewis Harris, and Ray, Miss Cottie Harris and Lawrence Harris.

Mr. and Mrs. Lonnie Reynolds and children were supper guests of Mr. and Mrs. T. R. Martin.

Miss Becky Reynolds was the supper guest Friday of Miss Carolyn Childers.

Enough milk is produced annually in America to fill a river 3,286 miles long, 40 feet wide, and 3 feet deep.

Richwood

Richwood, June 2.- "Righteous lips are the delight of kings, and they love him that speaketh right." —Proverb.

Mr. and Mrs. Harry Cawthorne and children, of Lynchburg visited Sunday afternoon with Mr. and Mrs. T. T. Wooldridge.

Mr. and Mrs. L. M. Ferguson and family and Mr. and Mrs. T. T. Wooldridge visited Tuesday evening with Mr. and Mrs. Wade Ferguson.

G. P. Brannan and daughter, Georgie Belle were in Lynchburg on business Thursday.

Mr. and Mrs. Atwell Powell and son, Ray and his friend, and Mr. G. T. Marsh were the guests Saturday afternoon of Mr. and Mrs. D. A. Pugh.

Mr. and Mrs. Van Pugh and Mr. and Mrs. Edward Smith and family have been visiting with Mr. and Mrs. D. A. Pugh.

J. A. Blazer is spending a few days at his home here.

County Line

County Line, June 4.- Rev. W. M. Black preached a splendid sermon at Central Baptist Church Sunday A. M. Rev. Black will preach again at Central Sunday night.

The Bible School will begin at Central June 16.

Mr. and Mrs. Albert Newcomb spent Sunday with her parents, Mr. and Mrs. W. W. Overton.

Mr. and Mrs. J. W. Waller spent Sunday with her parents, Mr. and Mrs. Carson, of Concord.

Mr. and Mrs. Emery Mullin and Mr. and Mrs. Arthur Mullin visited Mr. and Mrs. Charlie Mayberry Sunday afternoon.

Mr. Robert Mayberry, of Richmond spnt the week-end with his mother, Mrs. A. A. Mayberry.

Mr. and Mrs. J. B. Mayberry visited Mr. and Mrs. Jay Clapp Sunday.

Mr. and Mrs. J. B. Jones were in Lynchburg Saturday.

Mr. and Mrs. Fred Jones and children visited in the home of Vernie Jones Sunday night.

Mrs. Dan Irby is suffering with a bad case of poison oak.

The W. M. S. will meet at Central Baptist Church Thursday night, June 12. Mrs. Frank Fleshman has charge of the program.

Army Worm Appears in State

Armyworms are beginning to show up in some areas of Virginia, and farmers are advised to be on the lookout for this pest.

VPI entomologists say outbreaks are expected in some fields of small grain, corn, and grass crops, and although the outbreaks likely will not be general, it's a good idea to watch for them.

Alfalfa weevil damage is largely over for the year. However, some reinfestation will take place after the first cutting. The entomologists say if the first cutting was not treated, the spraying of the stubble after the hay has been taken off is justified only when the larvae are so numerous that they can be seen without searching for them, or if about 50% of the new growth shows damage. Be sure the larvae are present before spraying the stubble.

KNOW THE WEATHER

By E. H. Sims

Is it true that clouds rise higher at the equator than at the poles? If so, what is the reason for the difference?

Yes, it is true that the layer of gas surrounding the earth (in which we find all our weather) rises higher at the equator than at the poles. In fact, there is a very great difference.

Thunderheads in summer at the equator may reach up toward 50,000 feet, while clouds at the poles seldom rise half that high, in any season. This is important weather knowledge for pilots, who can count on flying over clouds in the most northerly regions at all times.

The spinning of the earth (much faster at the middle) tends to "throw" the layer of gas further outward at the widest point, least at the poles, where the turning circle is much smaller.

Habits are at first cobwebs, then cables. —Spanish Proverb.

Railroad taxes ring more school bells than any other form of transportation ... Here's a $4 million example!

Here's what $4,032,551.26 looks like in actual cash — the amount of the check N&W Treasurer S. P. Chockley (right) is shown presenting to Virginia's State Treasurer E. B. Pendleton, Jr., at Richmond. This $4-million-plus is the Norfolk and Western's 1958 State tax bill paid this week on rolling stock, gross transportation receipts, etc. It is the largest single N&W tax payment ever made to the Commonwealth.

Going into Virginia's general fund, this railway tax money helps to foot the bills for the many benefits which the people need and want. For example, Sixth Grader Anne Lacy, pictured with the treasurers, is one of the beneficiaries, because to a substantial extent public education in Virginia depends upon railroad tax dollars. If all of the N&W's tax payment of $4,032,551.26 was used for public education, it would pay for a full year's schooling for Anne and 18,980 other young Virginians.*

Of course, this $4-million-plus is not all the taxes the N&W pays in the state. The railroad also pays big tax bills to Virginia counties, towns and cities, and to the federal government. In fact, the Norfolk and Western's total tax bill for 1957 was 47.5 million — about 18% of its gross income and $2,936,000 *more* than its net income.

In addition to large tax payments for support of state government, the railroad buys, builds and maintains its own right-of-way.

**Based on an average cost of $212.45 per student of all grades in average daily attendance.*

Norfolk and Western Railway
PAYING ITS OWN WAY...ALL THE WAY...ALL THE TIME